

Healthier Living: Managing Chronic Conditions

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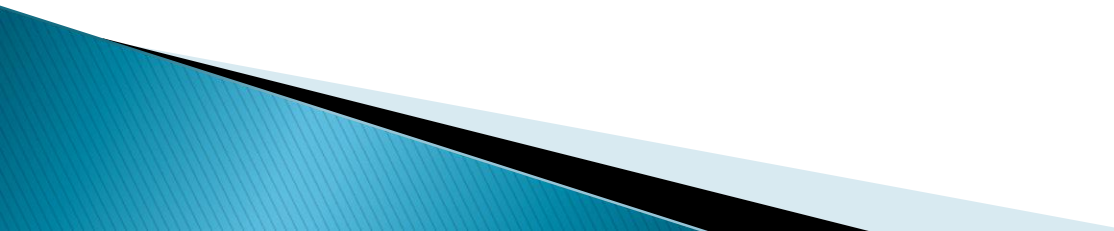
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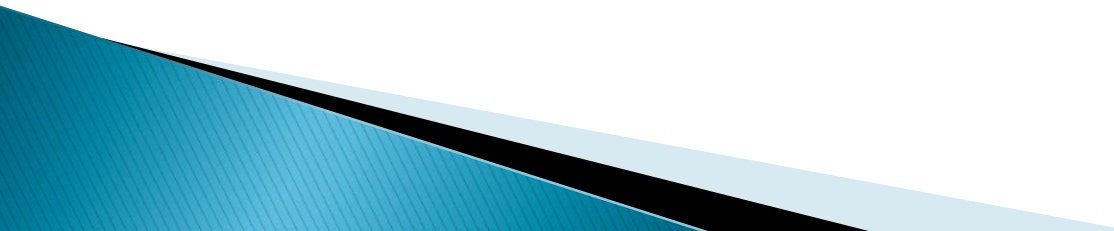
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Scope of the Problem

- Chronic diseases affect the quality of life of 133 million Americans (nearly 1 in 2 adults); More than 14 million in the state of California
 - 80% of Americans 65 and older have at least one chronic condition
 - 50% have at least two chronic conditions
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Impact on Healthcare System

- Chronic conditions account for:
 - 81% of inpatient hospitalizations
 - 91% of all prescriptions filled
 - 76% of all physician visits
 - 7 out of 10 deaths each year in the US
 - 99% of Medicare spending is on behalf of beneficiaries with at least one chronic condition
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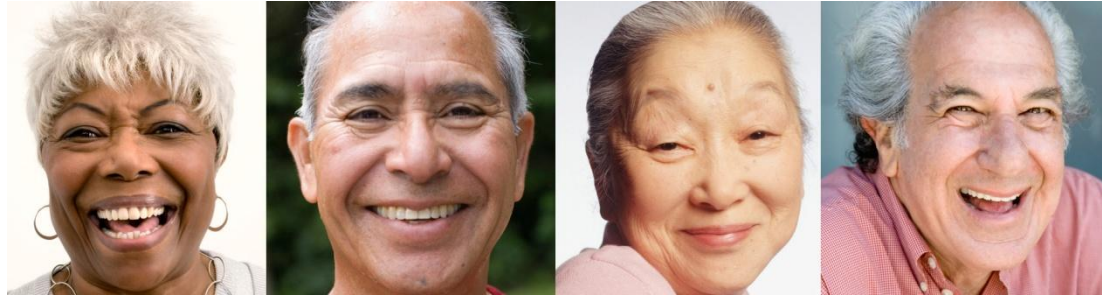
Chronic disease among San Diego older adults:

- ▶ Diabetes: 15%
- ▶ Has had Cancer: 31%
- ▶ Arthritis, fibromyalgia, gout, lupus: 49%

Data from San Diego County Senior Health Report 2009

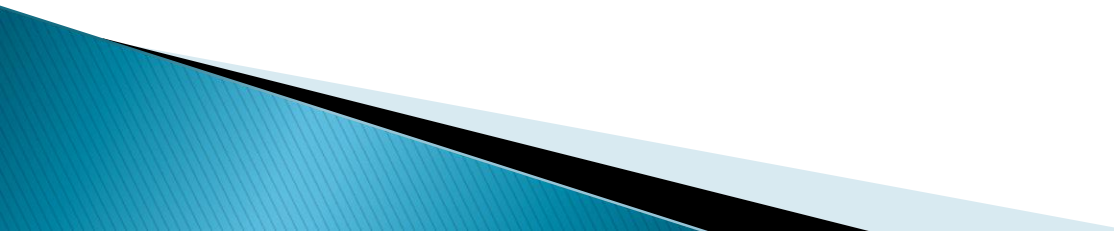


Target Population



- ▶ Have at least one chronic condition (not disease specific)
- ▶ Family members, friends, or caregiver of someone with a chronic condition can also attend
- ▶ Must have stamina to attend 2 ½ hour class
- ▶ Must have cognitive function to participate
- ▶ All education levels

The CDSMP Program

- Award-winning program developed by Stanford University
 - Designed to help people better manage chronic health conditions and live a happier, healthier life
 - Consists of six 2½ hour sessions led by 2 trained leaders
 - Groups are small (10-15 people)
 - Now offered internationally in 17 countries and throughout most of the U.S.
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What Chronic Conditions are Addressed ?

- ▶ The Healthier Living program is not disease specific
- ▶ Chronic conditions of participants can include:
 - Arthritis
 - Heart disease
 - Diabetes
 - Depression
 - Cancer
 - Stroke
 - HIV/AIDS
 - Chronic pain

Healthier Living:

Managing Chronic Conditions aka *Chronic Disease Self-Management Program (CDSMP)*



Healthier Living – Broadway Heights



Outcomes: More good & less bad:

- ▶ Increased Self – efficacy
- ▶ Increase in exercise
- ▶ Improved cognitive symptom management
- ▶ Improved health status
- ▶ Enhanced partnerships with physicians
- ▶ Decrease in depression
- ▶ Fewer social role limitations
- ▶ Fewer hospital days and nights



Stanford University Lead Trainers

TRAIN

Master Trainers

4 ½ DAY TRAINING

TRAIN

Lay Leaders

AT MASTER TRAINER SITES
FOUR 7-HOUR CLASSES

LEAD

Healthier Living

TO 10-25 PARTICIPANTS
SIX 2 ½ HOUR SESSIONS

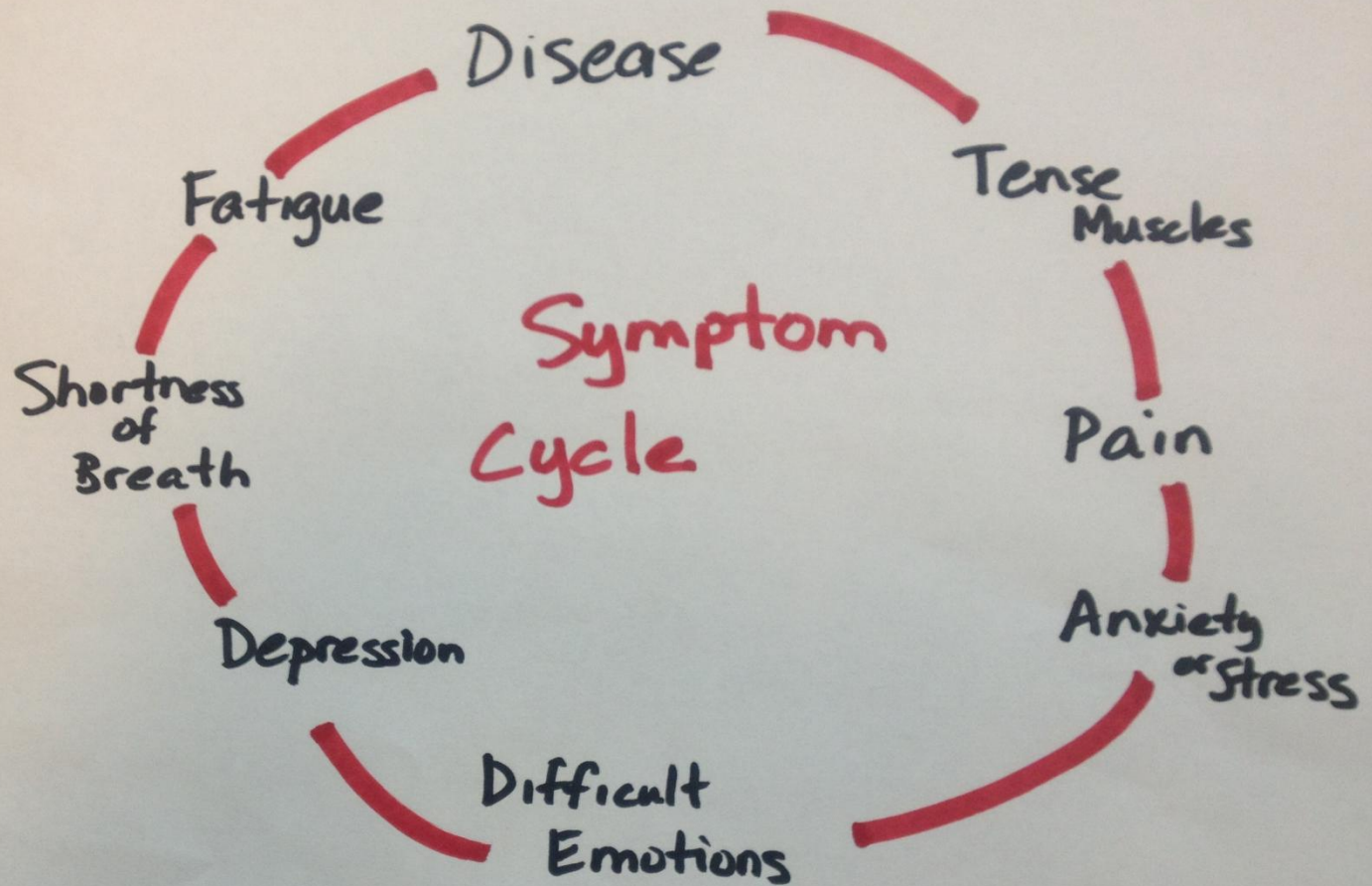
Why Use Peer Educators?

Professionals teach  Participants Learn More Info

Peer educators facilitate  Participants Do More

Peer Educators are more cost effective.

Your own patients can become Peer Educators
for the program.



Self-Management Toolbox

Physical
Activity

Medications

Managing Fatigue

Planning

Better Breathing

Working w/ Health
Professionals

Problem Solving

Using your mind

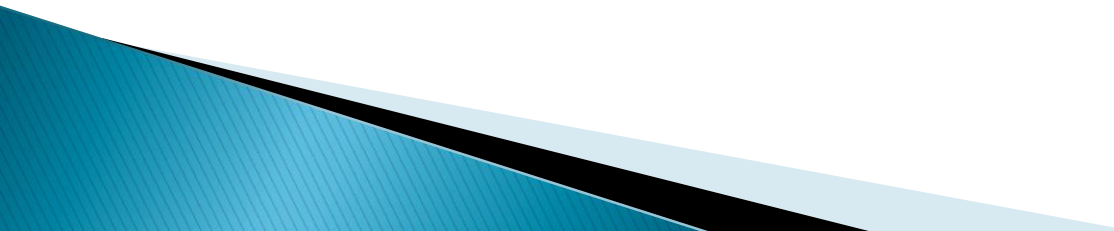
Managing Pain

Communication

Healthy Eating

Understanding
Emotions

Problem Solving Steps

1. Identify the problem
 2. List ideas
 3. Select one
 4. Assess the results
 5. Substitute another idea
 6. Utilize other resources
 7. Accept that the problem may not be solvable now.
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Parts of an Action Plan

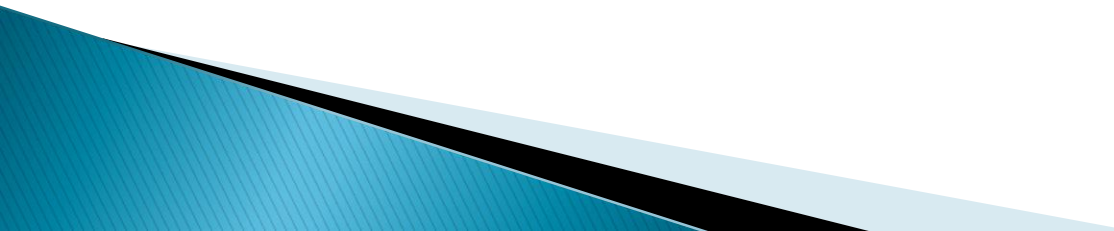
1. Something the PARTICIPANT wants to do
2. Achievable
3. Action-specific
4. Answer the questions:
 - What?
 - How much?
 - When?
 - How often?
5. Confidence level of 7 or more



Offering tools and hope...

“...My quality of life has been very poor. My illness has changed my life (professional life, travel, etc) and literally consumed me. I was in a dark place.

This class has brought me back into the light and has transformed my thought process into a more positive and proactive approach to daily living. This class has given me hope, but more importantly empowered me with the tools to have a better quality of life.”



Implementation in San Diego:

- ▶ Kaiser Permanente
- ▶ Sharp-Rees-Stealy
- ▶ EMASS
- ▶ Naval Medical Center
- ▶ Senior Centers
- ▶ Retirement Communities
- ▶ SYHC – Chula Vista (DSMP)
- ▶ NCHS (DSMP)



CDSMP – ARRA Grant
Progress –
step by step, foothold by
foothold in the community...

Cumulative total since 2008:
Over 1000!



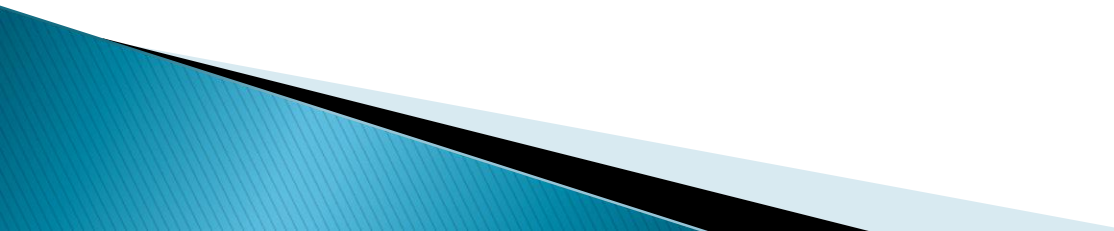
Program Excerpt: “Endurance Activities”

Moderate Endurance Activity:

You will feel:

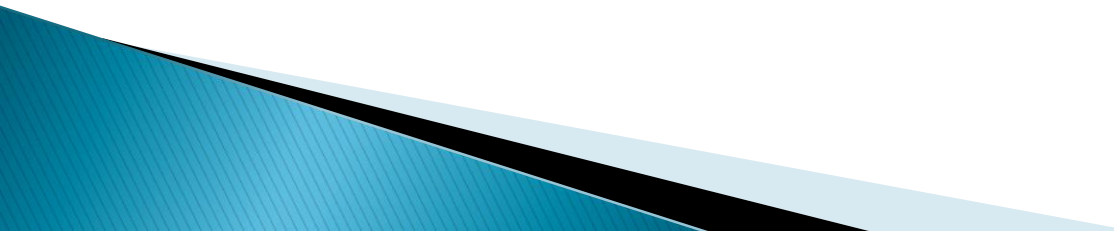
- Faster heart rate
- Faster breathing
- Slightly warmer

AND, you should be able to:

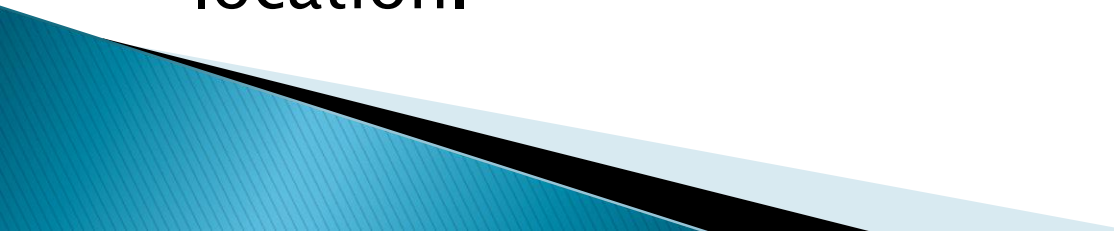
- Continue for at least 5 minutes without feeling a lot of fatigue
 - Talk
 - Feel completely recovered after 30 minutes of rest
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Program Excerpt:

Monitoring Exercise Intensity

- ▶ Talk Test
 - ▶ Self-Rating of Exertion (3–5 out of 1–10)
 - ▶ Count your pulse
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Ways to Access Healthier Living

- ▶ Send your patients and clients to the workshops scheduled in the community. Participant call-in number to find class: 858-495-5500
 - ▶ Host the workshops at your location for your patients and the community using ALS peer leaders.
 - ▶ Have your own staff, volunteers and patients become trained to give the workshop at your location.
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Some of our San Diego Peer Educator Team

